

ABSTRACT

Topic:

Choreographical strategies of aerobic fitness teams

Objective:

To find out according to given criteria, which types of transitions from formation to formation in the competition FISAF fitness aerobic, have the highest impression (effect) on the observer. The types of transitions evaluated are; short and simple transitions, combination of transitions and long and complex transitions.

Methods:

Sequential mixed method was used to obtain the results. Three criteria, specific for the solutions of space and floor pathways, have been designed for indirect observation and quantitative analysis of the selected choreographies. Second criterion was evaluated by twenty experts through participatory observation and the results were quantified. Qualitative analysis was used in the second part of the third criterion and for all results of the quantitative analysis. Method of comparison was used to compare all results.

Conclusion:

Most effective showed to be the short and simple transitions, followed by combination of transitions. Long and complex transitions were least impressive for the observer.

KEY WORDS:

Space and floor pathways solutions, effect, choreography, aerobic fitness, creation

